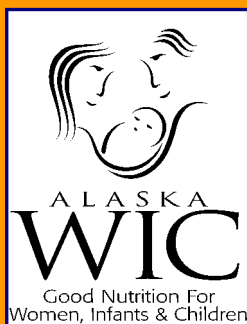


Summer  
2006



State of Alaska, HSS, OCS, FNP-WIC

# FARMERS' MARKET



## *What is the WIC Farmers' Market Nutrition Program?*

### Inside this issue:

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The WIC Farmers' Market Nutrition Program (FMNP) was enacted July 2, 1992 as Public Law 102-314. The Healthy Meals for Healthy American Act of 1994 amended Public Law 102-314. In 2001 the FMNP was expanded to serve eligible Seniors sixty and older. The FMNP is funded by federal grants from USDA, Food & Nutrition Services to state agencies that administer the Program. The Alaska State Department of H&SS through the WIC Program manages the FMNP throughout Alaska.



The Alaska Farmers' Market Nutrition Program will run from June 1 through October 31. The WIC and Senior Farmers' Market Nutrition Programs increase public awareness of Farmers' Markets in Alaska. They also fulfill two important objectives: (1) providing fresh produce to women, children and seniors, and (2) providing additional income for farmers that qualify and participate in these programs.

Each eligible WIC participant receives five \$5.00 FMNP warrants, a total of \$25. The warrants may be used to buy Alaska grown fruits and vegetables at any authorized Farmers' Market or farm stand. FMNP warrants cannot be used at retail grocery stores.

In 2005, approximately 16,844 WIC participants received WIC warrants. A total of \$200,369 worth of FMNP warrants were redeemed and deposited by 88 authorized farmers at markets and farm stands throughout Alaska.

Take advantage of this opportunity to visit your Farmers' Market and learn more about fruits and vegetables grown in Alaska. Farmers will be glad to share information about storage and preparation of their produce, and may even be able to provide you with recipes.

Make visiting the Farmers' Market a fun, family outing. Help your children make the connection between produce in the grocery store and the people that work to provide it.

Your WIC clinic can provide information about Farmers' Markets in your area and their dates and hours of operation. They may also have information about available transportation to the market.



*Pictures on this page were taken at the Homer's Farmers' Market.*



**Go to the Farmers' Market early to get the best selection and quality.**

## *Using WIC Farmers' Market Warrants*

FMNP warrants (or coupons) are easy to use. Just take them to the Farmers' Market or authorized farm stand, look for the farmers displaying the FMNP sign, and then select the produce you want to buy. *Be sure to go to the market early to get the best selection and quality.*

The farmers that are authorized to participate in the WIC or Senior Farmers' Market Nutrition Program should have signs at their stands, (see below). They will make sure you get full value for your warrant(s) but they cannot give you change or cash back. Unlike your regular WIC warrants, you do NOT have to sign your FMNP warrants. Keep your warrants in a

safe place and take care of them; if lost, they cannot be replaced. If warrants are torn, folded or mutilated, they may not be accepted.

The farmer must stamp his or her number on the front of each warrant and then they can be deposited or cashed at their regular banks. Payment will be made by the State of Alaska.

A sample FMNP warrant is shown here:

5-1883498782 032301 FMNP FMC		State of Alaska		89-52	Warrant No. 99980043
WIC Participant must use this warrant between 06/01/2005 and 10/31/2005		Farmers' Market Warrant WIC Program		1252	
This check may ONLY be used at WIC approved Alaska Farmers' Market and Farm Stands to buy locally grown fresh vegetables, herbs, fruits, and berries.					Amount of Sale
NO CHANGE NOT GOOD FOR CASH NOT GOOD AT GROCERY STORES.					\$5.00
			VOID		Farmer Official Stamp
FARMER: Do not accept unless you have an Alaska WIC Program Farmers' Market Agreement. ALL FARMERS' MARKET WARRANTS MUST BE DEPOSITED BY NOVEMBER 30, 2005.					No payment without official stamp
⑈99980043⑈ ⑆12500523⑆					



Look for the new 2006 FMNP decal (pictured at left) to find farmers participating in the WIC & Senior Farmers' Market Nutrition Program. Authorized farmers are required to display

this decal on their FMNP sign.

If you need help with transportation to the market, ask your local WIC staff if transportation assistance is available in your area.

### Reminders

- ✓ Farmers must display their FMNP sign with the current year's decal at all times so WIC shoppers know they are authorized to accept their WIC warrants
- ✓ No change may be given in a WIC transaction
- ✓ Farmers are encouraged to deposit WIC FMNP warrants on a regular basis and must deposit them by Nov. 30
- ✓ It may be helpful if farmers bag some produce in \$2.50 or \$5.00 bags to make transactions easier for WIC shoppers
- ✓ Eligible foods means fresh, nutritious, unprepared, vegetables and herbs and may not be processed or prepared beyond their natural state except for the usual harvesting and cleaning processes.

**Farmers' Market checks CANNOT be used to buy:**

- ❖ Live plants, such as potted herbs or vegetables
- ❖ Processed foods, such as: honey, maple syrup, cider, nuts, seeds, eggs, meats, cheese, jams & jellies
- ❖ Fruits and vegetables NOT grown in Alaska



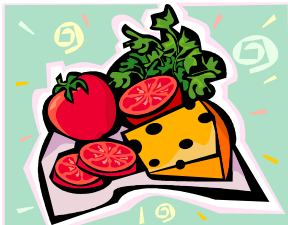
## Importance of Fruits and Vegetables

- ❑ Contain vitamins and minerals that keep you healthy
- ❑ Are naturally low in fat and high in fiber
- ❑ Low in calories
- ❑ Reduce the risk of many cancers



## Ways to Increase Fruits and Vegetables in Your Diet

- ❑ Keep a bowl of fresh fruit handy
- ❑ Eat vegetables and fruits with meals and as snacks
- ❑ Try crunchy vegetables, raw or lightly steamed or on the grill
- ❑ Add fruit as a topping on ice milk or frozen yogurt
- ❑ Add chopped or mashed fruit or berries to muffins, cakes, cookies and pies
- ❑ Dip your vegetables in a low-fat salad dressing
- ❑ Make soup out of leftover vegetables
- ❑ Experiment with new recipes that include vegetable and fruits
- ❑ Add vegetables to casseroles, stems, rice dishes, or spaghetti sauces.
- ❑ While shopping, allow children to pick a new vegetable or fruit to try
- ❑ Vary your fruit or vegetable choices to keep meals interesting
- ❑ Make kabobs using fruit such as pineapple chunks, bananas, grapes, and berries



## In General

- ❑ Eat at least 5 servings of fruits and vegetables each day
- ❑ To get the most for your money, buy fresh fruits and vegetables in season
- ❑ Rinse fruits and vegetables before peeling and/or eating
- ❑ Keep fruits and vegetables separate from raw meat, poultry and seafood while shopping, preparing or storing
- ❑ Use fresh fruits and vegetables first after shopping, then use canned or frozen until the next shopping trip





## *Easter Bunny Smoothie*



1 cup nonfat milk  
1 Tbsp honey  
1/2 cup orange juice with calcium  
1/4 cup cooked carrots (can be frozen)  
1/4 cup fat-free plain yogurt  
6 ice cubes

Put all ingredients in a blender and whirl until smooth.

Makes 2 - 1 cup servings.  
126 calories, <1 g fat, 0 saturated fat, 2 mg cholesterol, 96 mg sodium, 25 g carbohydrate, .5 g fiber,



6.5 g protein, 300 mg calcium.

Be creative! Experiment with other combinations of juice and fruit to make great-tasting breakfast smoothies to start your day off right!

*Try bananas, cantaloupe, honeydew, strawberries, blueberries, other Alaska berries, or peaches!*

## *Sensational Pasta & Veggies*

8 oz. shell pasta, uncooked

1/2 cup fat-free red wine vinegar dressing

4 cups cut up vegetables (example: broccoli florets, cauliflower, onion, zucchini, carrots, celery, red bell pepper strips)

1 (15 oz.) can stewed tomatoes, (no-salt added)

Cook pasta according to package directions; add vegetables during last 5 minutes of cooking. Drain; toss with dressing and tomatoes. Sprinkle with freshly grated Parmesan

cheese, if desired. Serve warm or chilled.

6 servings

194 calories, 1 g fat (0 sat fat), 0 cholesterol, 66 g carbohydrate, 11 g protein, 9 g fiber, 285 mg sodium

This warm salad contains soluble fiber, minerals and phytochemicals to keep your heart healthy

## *Sauteed Fall Salad*

4 cups fresh spinach  
1 tsp olive oil  
1 tsp minced garlic  
1 cup sliced onion  
2 cups chopped cauliflower  
2 cups diced tomatoes  
2 cups cooked small red beans, drained and rinsed  
2 Tbsp red wine vinegar  
1 Tbsp water  
1 Tbsp fresh minced

basil  
fresh cracked black pepper

Place spinach in a large salad bowl and set aside.

Place olive oil in nonstick skillet and heat over medium-high heat. Add the garlic and onion and saute until golden, about 2 minutes. Add the cauliflower and saute for 2 minutes.

Add the rest of the ingredients and stir until heated through, about 2 or 3 minutes. Pour the heated beans and veggies over the spinach and serve.

Serves 4. Each 2 cup serving: 168 calories, 2 g fat, <1 g saturated fat, 0 mg cholesterol, 135 mg sodium, 30 g carbohydrate, 12 g fiber, 10 g protein.



## BBQ Summer Squash

Serve this dish over rice or pasta for a summer treat that keeps the heat out of the kitchen.

**1 zucchini, sliced into 1/2 inch rounds**

**1 yellow summer squash, sliced into 1/2 inch rounds**

**1 medium eggplant, sliced into 1/2 inch rounds**

Marinade:

**1 Tbsp olive oil**

**3 Tbsp balsamic vinegar**

**2 cloves garlic, crushed**  
**ground black pepper to taste**

**1/4 cup chopped green onion**

Combine the ingredients for the marinade in a large bowl and blend well. Add the vegetables to the marinade and mix together. Place on the barbecue turning regularly until golden brown on each side. Brush with extra mari-

nade as necessary. When cooked, remove the squash slices from the barbecue and toss with any remaining dressing. Sprinkle with the chopped green onion and serve immediately.

Serves 6. Each 3/4 cup serving: 72 calories, 3.5 g fat, .5 g saturated fat, 0 cholesterol, 6 mg sodium, 9 g carbohydrate, 2 g fiber, 1.5 g protein.



## Spinach Salad

**1 cup nonfat vanilla-flavored yogurt**

**2 Tbsp red wine vinegar**

**1 Tbsp honey**

**1 tsp prepared mustard**

**6 cups fresh spinach, washed and ready to serve**

**1/4 cup sliced red onion**

**1/2 sliced apple**  
**1 orange, peeled and diced**

Combine the first 4 ingredients in a large mixing bowl. Add the rest of the ingredients, toss and serve immediately or chill up to one

hour before serving.  
Serves 4.

Each 1 cup serving: 79 calories, <1 g fat, 0 g saturated fat, 1 mg cholesterol, 108 mg sodium, 16 g carbohydrate, 5.5 g fiber, 4 g protein.

**Spinach contains lutein, which is a phytochemical that may help protect your vision.**

## Simple Pistou

*Pistou is the French version of Italian pesto, a thick paste made from fresh basil, garlic and parmesan cheese.*

**2 small red potatoes, with skins**

**1 large carrot, peeled**

**1 small onion**

**1 small zucchini, with skin**

**1 small yellow crookneck squash, with skin**

**1 stalk celery, peeled**

**1 large tomato, seeded**

**1/4 pound green beans**  
**8 cups chicken stock or canned broth**

**1/3 cup canned or jarred cooked white beans, rinsed**

**salt to taste**

**freshly ground black pepper to taste**

**Optional garnishes:**  
**slices of toasted, crusty bread**  
**pesto**  
**grated Parmesan cheese for sprinkling**

Cooking Instructions:

1. Have **kids** cut each vegetable into small (1/2-inch) pieces and set aside.

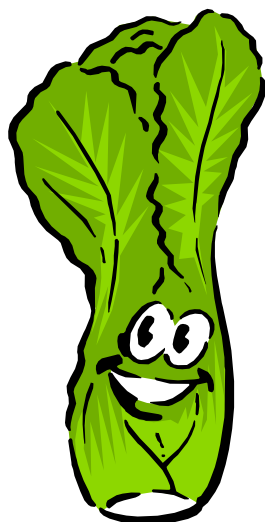
2. Bring chicken stock to a boil in a large stockpot. Add potatoes, carrot, and onion. Return to a boil, reduce to a simmer, and cook, uncovered, 15 min-

utes. Add remaining vegetables and white beans. Bring back to a boil. Reduce to a simmer and cook an additional 10 minutes, uncovered. Season to taste with salt and pepper.

3. To serve, let **kids** generously spread each toasted bread slice with pesto. Place one on bottom of each serving bowl. Ladle in hot soup and let **kids** sprinkle with Parmesan, for extra richness.

*Try pistou on toast, served with soup!*





## *Asian Cabbage Salad*

**1 Tbsp vegetable oil**  
**1 tsp sesame oil**  
**3 Tbsp rice vinegar**  
**1 Tbsp sugar**  
**1 tsp soy sauce**  
**pinch cayenne pepper**  
**3 cups shredded cabbage**  
**1 cup shredded bok choy**  
**1 cup cooked snow peas**  
**1/4 cup sliced green onion**  
**1 carrot, sliced thin**

Combine first 5 ingredients in medium sized mixing bowl and mix well to make dressing. Add the rest of the ingredients and mix together well. Cover and refrigerate until ready to serve, up to 24 hours.

Serves 4.

Each 1 cup serving: 85 calories, 4.7 g fat, .5 g saturated fat, 0 mg cholesterol,

70 mg sodium, 10 g carbohydrate, 2.5 g fiber, 2 g protein.

*For some extra crunchy variations, try adding one of the following:*

*Slivered almonds*

*Ramen noodles, uncooked and broken up*



While still warm, season with salt and pepper.

Variations:

Substitute sweet potatoes for baking potatoes

Spicy fries: Stir 1/4 tsp each cayenne pepper and chili powder into oil before tossing with potatoes.

**Better than fast food fries, this homemade version has lots of flavor with a minimum of fat**

**2 medium baking potatoes, scrubbed (leave peels on if you like)**

**2 tsp. melted butter or olive oil**

**Salt and freshly ground black pepper**

Preheat oven to 425° F.

Using a sharp knife, cut potatoes into 1/4 " thick slices, then cut slices into

1/4" strips.

Pour melted butter or oil into medium bowl. Add potatoes and toss to coat evenly.

Spread on baking sheet.

Bake 20 minutes, then turn and bake until crisp, about 30 minutes.

Makes 4 servings.

## *Creamy Carrot Soup*

**5 large carrots (1-1/2 lb) peeled, cut into 1/2" pieces**

**3-1/2 c. canned low sodium chicken broth**

**1 large onion, peeled and quartered**

**1-1/4 tsp chopped fresh thyme (or 1/2 tsp dried)**

**1 large bay leaf**

**1/4 tsp ground allspice**

**3/4 c. canned small white beans, drained**

**1 c. milk**

Combine carrots, broth, onion, thyme, bay leaf and allspice in large pot and bring to a boil. Reduce heat, cover and simmer until carrots are tender, about 15 minutes. Remove bay leaf.

Working in batches, puree soup in blender until smooth, adding some of the beans with each batch.

Return soup to same pot and add milk. Stir over low heat until heated through. Season with salt and pepper.

Makes 6—8 servings.





*Find more recipes on the Web! Sites to try:*

[www.foodfit.com](http://www.foodfit.com)

[www.harvestcoop.com](http://www.harvestcoop.com)

[www.recipezaar.com](http://www.recipezaar.com)

[www.recipesource.com](http://www.recipesource.com)

## *Crispy Potato Tart*

**4 Yukon gold or new potatoes**  
**4 teaspoons olive oil**  
**salt to taste**  
**freshly ground black pepper**  
**2 tablespoons chopped tarragon or chives**  
**2 cloves garlic, thinly sliced**  
**4 tablespoons fresh parsley, finely chopped**

1. Preheat oven to 400°F.
2. Thoroughly coat an oven-proof non-stick skillet with cooking spray. Drizzle two teaspoons of the olive oil in the pan and swirl to coat the entire inside.
3. Peel the potatoes and cut them into very thin slices. Beginning at the center of

the pan, layer half the potatoes in overlapping slices around the pan.

4. Sprinkle with the tarragon and garlic and season with salt and pepper. Add remaining potato slices and press down with a large spoon or spatula to compress the potatoes. Season again with salt and pepper and drizzle with the remaining olive oil.

5. Cook potatoes over medium high heat, shaking pan occasionally until potatoes are crisp and brown on the bottom.

6. Place skillet in oven and cook until potatoes are tender throughout, about 15 minutes.

7. Remove skillet from oven and carefully loosen the edges of the potatoes and turn potato cake onto a plate or platter.

8. Sprinkle the potatoes with the fresh parsley and additional pepper. Cut into 4 equal portions.

Serves 4

Each serving contains:

145 calories; total fat 5 gm, saturated fat 1 gm, protein 4 gm, total carbohydrate 27 gm, dietary fiber 3 gm, sodium 149 mg

Percent calories from fat 25%, percent calories from protein 10%, percent calories from carbohydrates 65%.

## *Apple Slaw*

*Apples add a sweet crunch to this slaw.*

**1 unpeeled red apple, cored and chopped**  
**4 cups shredded cabbage**  
**1/2 cup red onions, chopped**  
**1 green sweet pepper,**

**chopped**  
**1/2 cup fat-free, light vanilla yogurt**  
**2 Tbsp orange juice**  
**pinch cinnamon**

Combine all ingredients in a medium-sized mixing

bowl. Refrigerate until ready to serve. Serves 4. Each serving (1 cup): 88 calories, <1 g fat, 0 g saturated fat, 2 mg cholesterol, 36 mg sodium, 19 g carbohydrate, 3 g fiber, 3 g protein.

**This fruit salad is easy, colorful and delicious.**

## *Five Fruit Salad*

**1/2 cup orange juice**  
**1 cup blueberries**  
**1 cup watermelon**  
**1 banana, peeled and sliced**  
**1 peach or nectarine, pitted and cubed**

Pour juice over fruits and refrigerate until cold, up to 24 hours. This colorful salad looks pretty served in

a glass bowl, garnished with a sprig of mint for more color.

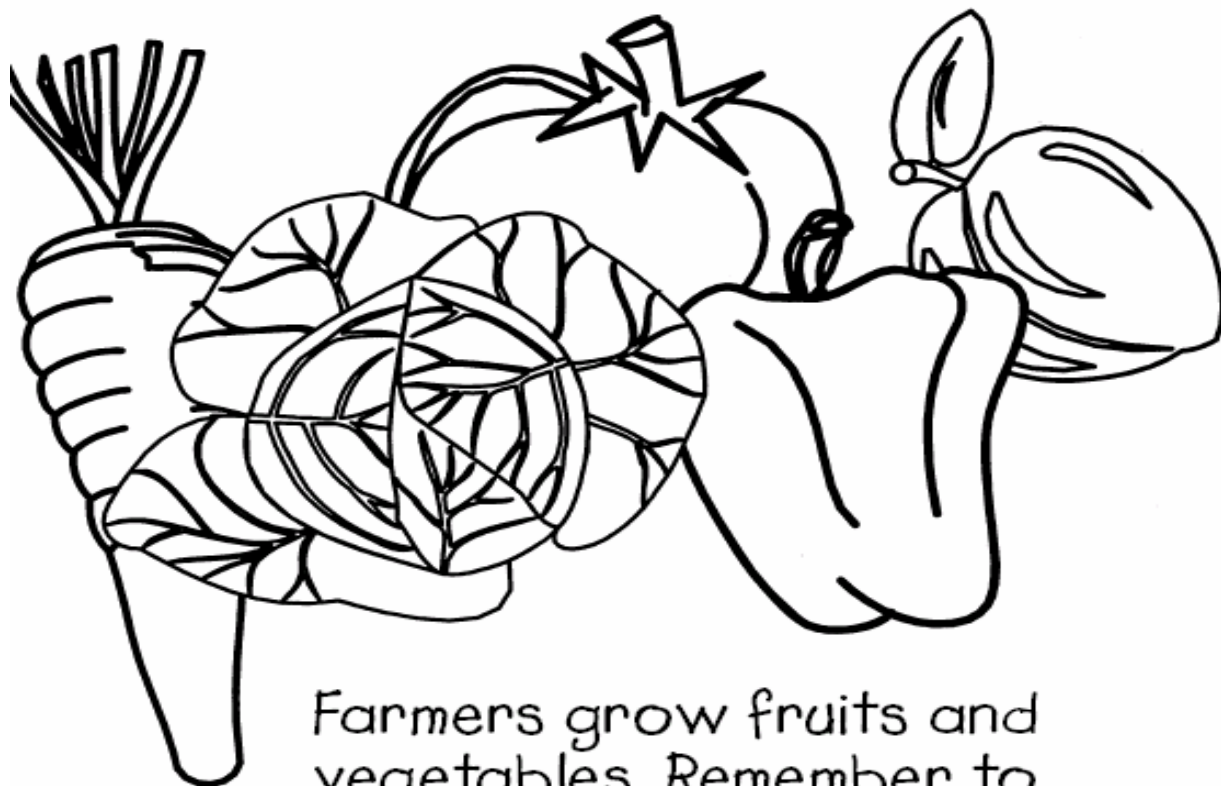
Serves 4.

Each 1 cup serving: 83 calories, .5 g fat, 0 saturated fat, 0 cholesterol, 3 mg sodium, 20 g carbohydrate, 2 g fiber, 1 g protein.

*Experiment and create your own combinations of fruits, flavors and colors!*







Farmers grow fruits and vegetables. Remember to eat five every day!



Farmers get up early in the morning to pick the freshest vegetables for the farmers market!

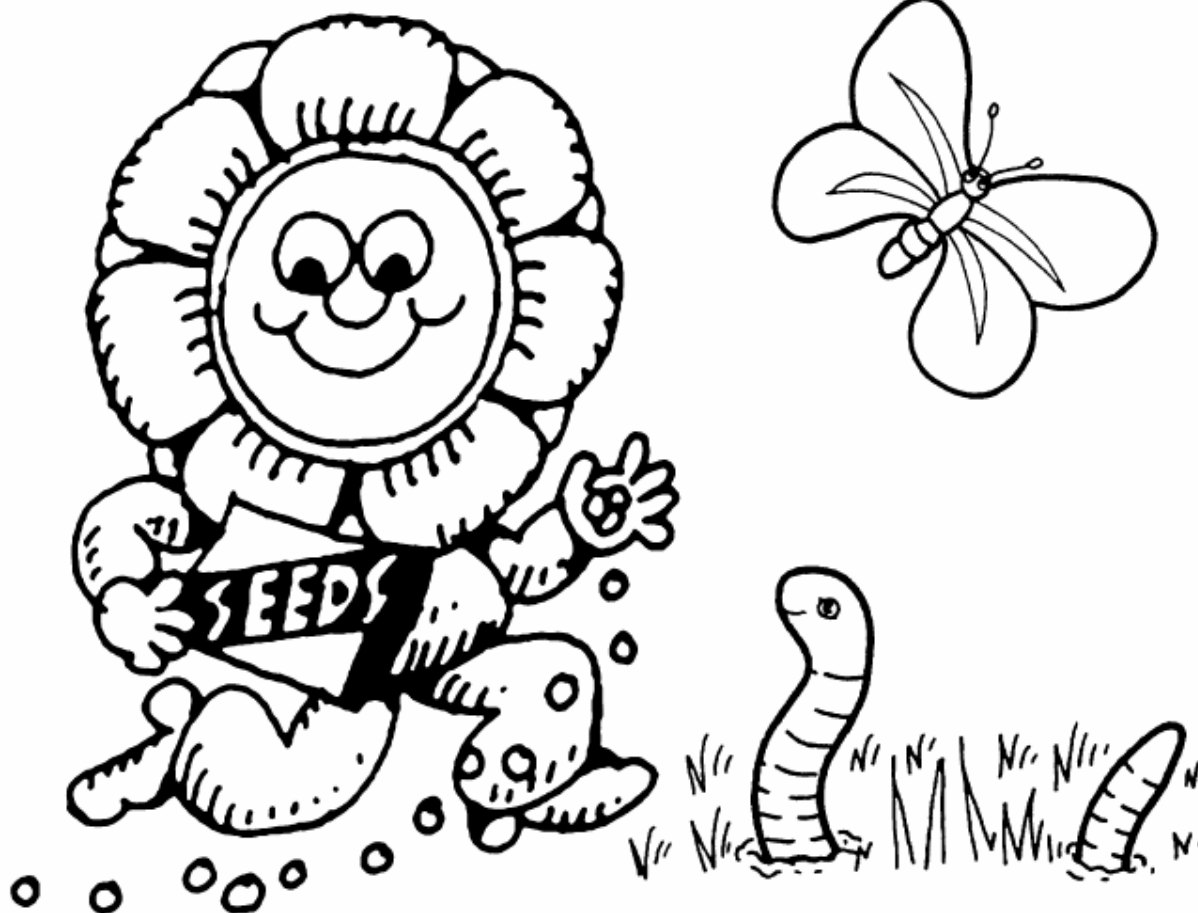




The farmers market is a great place  
to catch up with your neighbors! And...



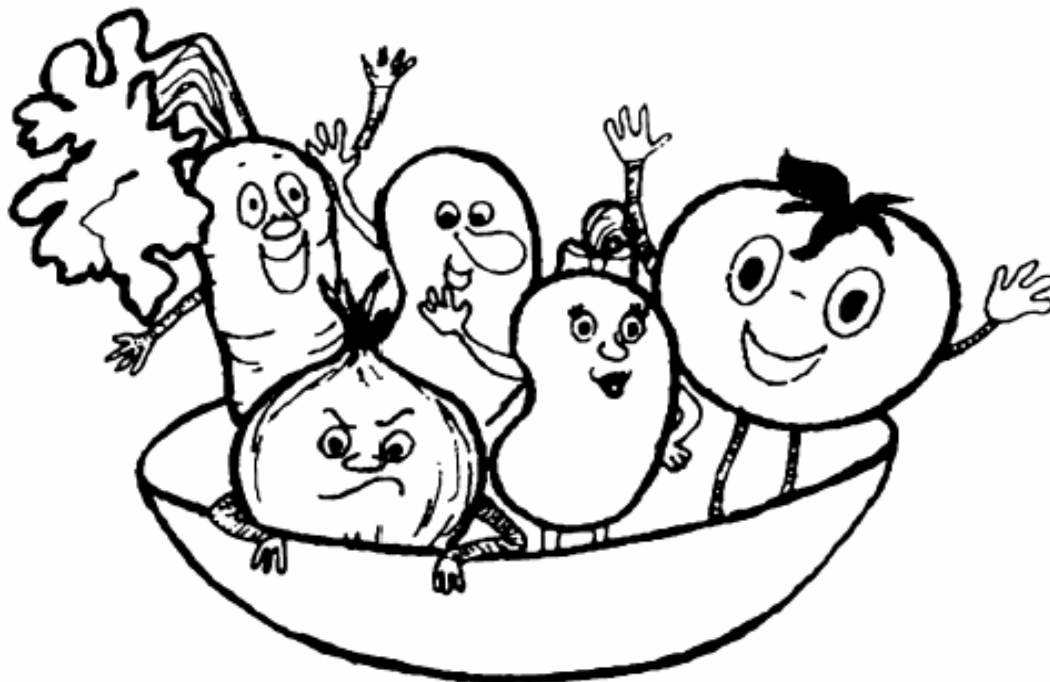
...hang out with some cool carrots!



Eating lots of  
fresh fruits  
and vegetables  
will make me a  
better player!



Fresh ingredients make dinner extra tasty!



Come to the farmers market soon!





## State of Alaska, HSS, OCS, FNP-WIC

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### Why Buy Alaska Grown?

- Most Alaska Grown products are at the markets right after they've been picked, so they're fresher, sweeter and tastier. Plus, because products reach your table immediately after harvest, they retain more nutrients, making them a healthier choice for you and your family.
- Buying Alaska Grown products supports local farm families, who are dedicated to providing a high-quality product.
- By supporting Alaska Grown producers, you are helping ensure there will be family farms providing abundant food in the future.

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### Links to Agriculture Sites

<http://www.uaf.edu/coop-ext/>

<http://www.dnr.state.ak.us/ag/>

<http://www.fsa.usda.gov/ca/agforkids.htm>

<http://www.nafmnp.org/>

*Pictures on this page compliments of Tanana Valley Farmers' Market*



